



HAMME POOL SWIM LESSON SCHEDULE



January- May 2011

MONDAY AND WEDNESDAY

| Session Dates | # of Classes | Cost | Registration Date/Payment Time |
|--|--------------|-----------------|--------------------------------|
| January 10-February 2 No class January 17 | 7 classes | \$45.50/\$49.00 | January 5 5:00p |
| February 14-March 9 No class February 21 | 7 classes | \$45.50/\$49.00 | January 5 5:00p |
| March 21-April 13 | 8 classes | \$52.00/\$56.00 | March 9 5:00p |
| April 18-May 11 | 8 classes | \$52.00/\$56.00 | March 9 5:00p |

Preschool 5:00-5:30p, 5:30-6:00p, Adv. Preschool 6:00-6:30p
Level 1/2 5:00-5:45p, Level 2 5:00-5:45p
Level 3 6:00-6:45p, Level 4/5 6:30-7:15p



TUESDAY AND THURSDAY

| Session Dates | # of classes | Costs | Registration Date/Payment Time |
|-----------------------|--------------|-----------------|--------------------------------|
| January 11-February 3 | 8 classes | \$52.00/\$56.00 | January 4 5:00p |
| February 15-March 10 | 8 classes | \$52.00/\$56.00 | January 4 5:00p |
| March 22-April 14 | 8 classes | \$52.00/\$56.00 | March 8 5:00p |
| April 19-May 12 | 8 classes | \$52.00/\$56.00 | March 8 5:00p |

Preschool 4:15-4:45p, 5:00-5:30p, 5:30-6:00p, Adv. Preschool 3 6:00-6:30p
Level 1/2 5:00-5:45p, 6:00-6:45p Level 2 5:00-5:45p
Level 3 4:15-5:00p, 6:00-6:45p Level 4/5 6:30-7:15p



SATURDAY

| Session Dates | # of classes | Costs | Registration Date/Payment Time |
|--|--------------|-----------------|--------------------------------|
| January 15-February 19 | 6 classes | \$39.00/\$42.00 | January 8 10:00a |
| March 5-April 16 No class March 19& April 2 | 5 classes | \$30.00/\$32.50 | February 19 10:00a |
| April 23-May 14 | 4 classes | \$26.00/\$28.00 | April 16 10:00a |

Preschool 11:00-11:30a, 12:30- 1:00p, Adv. Preschool 12:00-12:30p
Level 1/2 11:00-11:45a, 12:00-12:45p Level 3 11:00-11:45a Level 4/5 12:00-12:45p

COURSE DESCRIPTION AND LEARNING OBJECTIVES

Preschool - Orient preschool children to the aquatic environment and help them acquire rudimentary levels of basic aquatic skills such as entering the water safely, blowing bubbles, submerging face, front and back floating, and simultaneous and alternating arm and leg actions with and without support.

Adv. Preschool - Increase proficiency and build on the basic skills learned in Preschool 1 & 2 by providing additional practice with increased distances and times. Skills at this level should be performed with minimal assistance.

Level 1- Students will focus on developing good swimming habits and safe practices in and around the water. Skill will include blowing bubbles, submerging face and opening eyes underwater, front and back floats and alternating and simultaneous arm and leg action on the front and back with and without support.

Level 2- Students will build on skills from Level 1 including learning how to float without support and recover from a vertical position. Skills will include changing direction while swimming, treading water, how to recognize an emergency and safety in and around the water to include the use of lifejackets. Most skills should be performed without support and with the face in the water.

Level 3- Students will continue to build on Level 2 skills and will spend time in deep water while practicing. Skills will include headfirst entries into deep water, survival float, flutter, scissor, dolphin and breaststroke kicks and front crawl and elementary backstroke. All skills should be performed without assistance and students should be very comfortable with their face in the water.

Level 4- Students will learn the 6 major swimming strokes (front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly) and be introduced to simple non swimming assists and survival swimming.

Level 5- Students will work on refining what they have learned and be introduced to surface dives, flip turns, what to do in dangerous situations, how to call for help and the importance of knowing first aid and CPR.

***Registration is first come first serve. Registration forms may be hand out half an hour prior to payment time. Once you have your registration paperwork, you must stay in the building until payment is processed.**